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Our caregivers use a telephonic check in system that enables us to know exactly where caregivers are at all times. We constantly monitor and ensure punctuality and reliability.

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Owner / President

- Physical Therapist with 21 years hospital and outpatient experience. Board Certified in Orthopedics.
- Acute Care Hospital Administrator
- Fellow of the American College of Healthcare Executives

# Unmet Home Care Needs Correlate with Increased Mortality

A study recently published in the *Journal of the American Geriatrics Society* found a strong correlation between unmet homecare needs among dementia patients and increased mortality (Gaugler J, Kane RL, Kane RA, et al. Unmet care needs and key outcomes in dementia. *Journal of the American Geriatrics Society* ; 53 (12): 2098-2105.). Gaugler, et al tracked 5,831 dementia patients over 18 months. They interviewed caregivers about needs for assistance with specific activities of daily living (ADLs) and whether those needs were being met. Researchers asked about eating, bathing, toileting, etc. They followed participants for 18 months.

- People who need more assistance with just one ADL are 12% more likely to be placed in a nursing home.
- People who need more assistance with two ADLs are 77% more likely to be placed in a nursing home.
- People who need more assistance with two or more ADLs have a 37% higher mortality rate.
- **Unmet ADL needs were a better predictor of mortality and nursing home placement than direct tests of mental and functional abilities.**



Various reports over the past two decades have connected unmet ADL needs among older adults with medication non-adherence, injuries, falls, dehydration, discomfort, distress, and going hungry. **Considering the strong connection between unmet home care needs and loss of independence and increased mortality, it may be appropriate for care planners to make specific questions about home care part of normal discharge/planning activities.** Questions about whether patients feel safe getting out of the shower alone, whether patients cook less because it is too difficult, whether patients have trouble remembering medications, or if they find it taxing to buy groceries may reveal predictive unmet ADL needs. When you want your patients to be able to receive reliable, trustworthy help with home care, please tell them about Assisting Hands Home Care. Assisting Hands Home Care provides professional, reliable assistance with the health related activities of daily living tracked in this study.



## Reducing Readmissions

With the current emphasis on reducing hospital readmissions, this study highlights an often overlooked truth. Sometimes reducing reutilization is beyond the reach of what we traditionally consider medical care. Ongoing needs for assistance with health related activities of daily living (e.g. ambulation, meal planning, medications) can result in constant health problems when those needs are not met. When you see community dwelling patients at risk of ongoing medical challenges, please remember the protective power of professional, non-medical home care such as that provided by Assisting Hands Home Care.

*Please tell your patients about Assisting Hands Home Care<sup>®</sup>  
Quality Home Care You Can Trust<sup>®</sup>*